

10 Minute Gentle Chair Exercises

These exercises are designed to be done sitting in your chair at home, they will help circulation, energy levels, concentration and wellbeing. Don't do any exercises that you are not able to because of physical disability and don't push yourself if anything hurts, just do as much as you can. Try doing them once a day or more as part of your isolation routine.

Count each round of six aloud together as you do them – to help concentration. Make it fun and simple, if somebody is unable to follow an exercise don't worry just continue to show the exercise visually but don't criticise. You will probably find the more often you do these exercises the more someone will pick up the routine. Don't worry if somebody loses interest during the routine or walks away either, once it is part of the routine people are more likely to stay engaged.

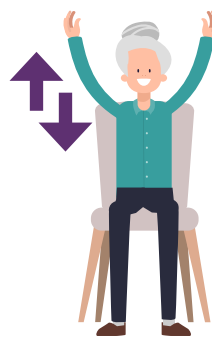
These can be done alone, with somebody else or in these days of isolation why not call somebody on the phone or computer and join in virtually. Most of all have fun.



1

Take a deep breath in slowly, hold briefly then breathe out slowly

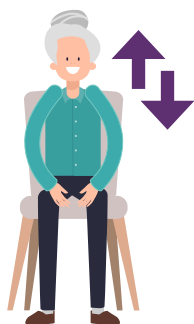
Repeat 6 times



2

Lift **both** arms up and then down

Repeat 6 times



3

Shrug shoulders up and down

Repeat 6 times



4

Roll **right** shoulder round in a circular movement

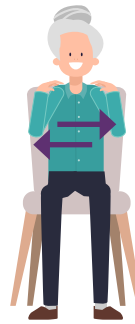
Repeat 6 times



5

Roll **left** shoulder round in a circular movement

Repeat 6 times



6

Put your hands on your shoulders and bring your elbows together

Repeat 6 times



7

Cross your arms and hold in front of you, then gently twist to the **right**

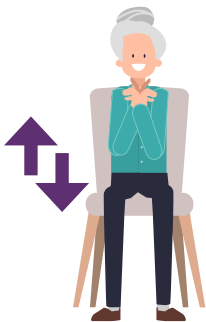
Repeat 6 times



8

Cross your arms and hold in front of you, then gently twist to the **left**

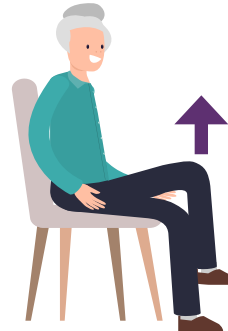
Repeat 6 times



9

Roll your arms around each other and raise them **up high**, then **down low**

Repeat 6 times



10

Raise your **right** knee up

Repeat 6 times



11

Raise your **left** knee up

Repeat 6 times



12

March with your feet to the tune of The Grand Old Duke of York



13

Put feet together then step to the **right**

Repeat 6 times



14

Put feet together then step to the **left**

Repeat 6 times



15

Stretch your **right** leg out in front of you and make a **circle** with your foot

Repeat 6 times



16

Stretch your **left** leg out in front of you and make a **circle** with your foot

Repeat 6 times



17

Point the toes of your **right** foot up, then down

Repeat 6 times



18

Point the toes of your **left** foot up, then down

Repeat 6 times



19

Stretch your **right** arm out in front of you and make a **circle** with your hand

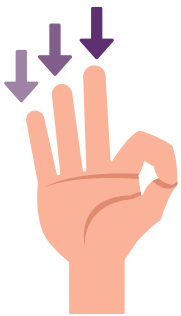
Repeat 6 times



20

Stretch your **left** arm out in front of you and make a **circle** with your hand

Repeat 6 times



21

Press the thumb of your **right** hand to each finger in sequence

Repeat 6 times



22

Press the thumb of your **left** hand to each finger in sequence

Repeat 6 times



23

Make a fist with your **right** hand then release

Repeat 6 times



24

Make a fist with your **left** hand then release

Repeat 6 times



25

Wave with your **right** hand

Repeat 6 times



26

Wave with your **left** hand

Repeat 6 times



27

Place your palms on your lap, with one hand facing up and one facing down, then swap so that the opposite palm is now facing up or down

Repeat 6 times



28

Take a deep breath in slowly, hold briefly then breathe out slowly

Repeat 6 times



29

Finally – give yourself a round of applause, smile and congratulate yourself and anyone else that has done it with you, well done!

Devised by Emma Holgate

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